

THE UNFOLDING OF WOMANHOOD

A careful study of this organ, of its location, of its arteries and nerves, will convince the growing girl that her body should never submit to corsets and tight lacing in response to the demands of fashion, even though nature has so bountifully provided for the safety of this important organ. By constant pressure the vagina and womb may be compressed into one-third their natural length or crowded into an unnatural position. We can readily see, then, the effect of lacing or tight clothing. Under these circumstances the ligaments lose their elasticity, and, as a result, we have Prolapsus or Falling of the Womb.

I am more anxious for growing girls than for any other earthly object; these girls are to be the mothers of future generations; upon them hangs the destiny of the world in coming time, and if they can be made to understand what is right and what is wrong with regard to their own bodies, now, while they are young, the children they will give birth to, and the men and women who shall call them mother will be of a higher type and belong to a nobler class than those of the present day.

All women can not have good features, but they can look well, and it is possible to a great extent to correct deformity and develop much of the figure. The first step to good looks is good health, and the first element of health is cleanliness. Keep clean—wash freely, bathe regularly. All the skin wants is leave to act, and it takes care of itself.

Girls sometimes get the idea that it is nice to be "weak" and "delicate," but they can not get a more false idea! God meant women to be strong and able-bodied, and only by being so can they be happy and capable of imparting happiness to others. It is only by being strong and healthy that they can be perfect in their sexual nature; and it is only by being perfect in this part of their being that you can become a noble, grand and beautiful woman.

THE AGE OF PUBERTY

Up to the age of puberty, if the girl has grown naturally, waist, hips and shoulders are about the same in width, the shoulders being, perhaps, a trifle the broadest.